

Lake Oswego School District Triennial Wellness Policy Assessment

Lake Oswego School District conducted a triennial assessment of the Local School Wellness Policy (LSWP) in December 2023. The triennial assessment is required every three years. Due to the COVID-19 pandemic, USDA released waivers that extended the deadlines of when triennial assessments were to be conducted. These waivers provided an extra year for school sponsors to complete their assessments, extending the due date to June 2024.

LOSD LSWP is broken down into different segments including:

- Policy Implementation, monitoring, Accountability and Community Engagement.
- Nutrition Promotion and Nutrition Education
- Physical activity and Physical Education
- With references to: EFAA-AR Reimbursable Meals and Milk Programs

Method of Review

WellSAT 3.0 was completed by the Director of Nutrition Services who is responsible for ensuring policy compliance for Nutrition Services. The policy was scored using the WellSAT3.0 online tool via the UConn Rudd Center for food policy and health. A copy of the scorecard is included with this report.

WellSAT 3.0 Score

The LOSD overall policy score was split into two parts. Total comprehensiveness score of 80 and a total strength score of 71. These scores are above average for both comprehensiveness and strength when compared to other school districts.

Summary of Findings

There are five areas in which our LSWP was assessed.

- Nutrition Education, Standards for USDA School Meal Schools, Nutrition Standards, Physical Education & Physical Activity, Wellness Promotion and Marketing

The strongest areas in which our policy excelled were in:

Nutrition Education

- Comprehensive nutrition education is provided to elementary, middle and high school students. Student wellness is a priority.

Standards for USDA School Meals

- Free drinking water is provided during meals. Compliances with USDA school meal programs.

Nutrition Standards

- USDA Smart Snack guidelines are being followed. LOSD addresses fundraising and other school events in which students may be given foods.

Upon review the following sections are recommended for revision and updates as needed.

Physical Education & Physical Activity

- Addressing physical education teachers training and education. Addressing before and after school physical activity for students.

Wellness Promotion and Marketing

- Addressing strategies to support employee wellness. Addressing marketing made or promoted to students & staff.

Implementation

Steps will be made to update these recommendations in our LSWP. The LSWP will go through comprehensive revisions in order to meet standards. All USDA federal requirements, farm to school and CSPAP will be addressed upon the next assessment of our LSWP. The Director or Nutrition Services will work with district stakeholders, including the Director of Communications in order to connect with the Wellness Advisory Committee.